

SIGN-UP ON FEBRUARY 27TH TO COME TO WRIGHT'S FARM & BINGO TRIP

Come along and join the fun with the Foxboro seniors on Thursday, April 18th at Wright's Chicken Farm in Harrisville, Rhode Island. Enjoy a delicious meal of Wright's famous chicken, salad, and pasta shells with sauce. The mealtime will be followed by Bingo sponsored by the Friends of Foxboro Seniors. Try your luck and win cash prizes in varying amounts. There will be a nominal fee of \$1 per card. Feel free to play along, watch the activities, or visit the gift shop if you prefer. We will leave Saint Mary's parking lot at 10:30 a.m., travel by school bus to the farm, and will return home by 4:00 p.m. The cost of this trip is \$18 per person and is due by Friday, March 29th. Sign-up for this trip by calling the senior center at 508-543-1252 on Wednesday, February 27th beginning at 8:00 a.m.

Monday, February 18

President's Day

Senior Center Closed

Tuesday, February 19

AARP Tax Prep (by appointment) 8:30 a.m.

Stretch and Balance 8:30 a.m.

Nutrition 11:00 a.m.

Movie Day "Hugo" 12:30 p.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, February 20

No Chorus Today

Strength Training 8:30 a.m.

Brown Bag Clinic (by appointment) 9:30 a.m.

Video Lecture Series: History of the United States 11:30 a.m.

TRIAD-Better Business Bureau guest speaker 1:00 p.m.

Dollar Tree Store/Ocean State 1:00 p.m.

Zumba 2:30 p.m.

Thursday, February 21

Ceramics 9:00 a.m.

SHINE 10:00 a.m.

Low Vision Support Group 1:00 p.m.

COA & HS Advisory Board 5:00 p.m.

Friday, February 22

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Cribbage 11:00 a.m.

Card Making 11:00 a.m.

Conversational Italian 1:00 p.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

TRAVEL AND ENTERTAINMENT

FOXWOODS TRIP

Come with us on Tuesday, February 26th to Foxwoods Resort Casino, the North East's largest casino and premier entertainment destination, offering a wide variety of ways to spend an exciting day. At Foxwoods you'll find a game that suits you! Try your luck at the slots. Let it ride at the tables. Lay down a bet in Racebook. Play the numbers game at Keno. If Poker or Bingo is your game, they have more live games than

anywhere in the country. With six distinctive casinos, over 6,000 slot machines, 38 restaurants, and many retail shops, every amenity imaginable is available for your enjoyment. Foxwoods offers visitors the gaming experience of a lifetime! Your motorcoach will depart from St. Mary's parking lot at 7:45 a.m. and will return to Foxboro by 5:00 p.m. In addition to the transportation, your outing will include 1 Free Full Buffet Coupon or \$10 food voucher, \$15 Keno Coupon, and driver's gratuity. The cost for the day is \$22 per person and will be due at sign-up or no later than Friday, February 15th. Sign-up for this trip by calling 508-543-1252.

ST. PATRICK'S DAY AT LAKE PEARL LUCIANO'S

It is said that we are all a 'wee bit' Irish on Saint Patty's Day, so come along with the Foxboro seniors to join in the fun at Lake Pearl Luciano's in Wrentham for a St. Patrick's Day celebration on Thursday, March 14th from 11:30 a.m. to 3:30 p.m. You will enjoy a wonderful sit down lunch which will include your choice of traditional Corned Beef & Cabbage or New England Baked Scrod. Enjoy an entertaining afternoon with "John Connors Irish Express." Forget your cares for a while, relax and enjoy yourselves, and sing-along to the familiar Irish tunes. You don't have to be Irish to enjoy this delicious luncheon and party! The cost for this fun and festive day is \$46 per person. Transportation will be on your own. The Van-Go will be available for regular van riders upon request. Checks should be made payable to "Town of Foxborough COA." Payment will be due by Friday, March 1st. Sign-up for this opportunity by calling the senior center at 508-543-1252.

SPECIAL EVENTS AND PROGRAMS

JACK CRAIG MUSIC SERIES

Come to the senior center on Wednesday, February 27th and Thursday, February 28th at 11:00 a.m. for a special 2-day series given by Jack Craig on Great Songwriters. On February 27th Jack will present "Jerome Kern: The Song Is 'Him'!" Most of the great songwriters of the 20th century have acknowledged a debt to Jerome Kern for his influence on American popular music. From Kern's collaboration with Oscar Hammerstein on their masterpiece Showboat, through the many classic Kern songs hummed, whistled, and performed around the world –Jerome Kern's multi-faceted personality was portrayed in his music. Kern's music creates a portrait of American song and includes: They Didn't Believe Me, Make Believe, Old Man River, Smoke Gets in Your Eyes, and The Last Time I Saw Paris. Then on February 28th, come and hear about Rodgers and Hammerstein. Trace the work and friendship of two musicians considered the greatest collaborative pair in American musical theatre. From the triumphant opening of Oklahoma (1943) to their final smash hit The Sound of Music (1959), their musicals became legendary hits. One cannot fail to enjoy their 'sound of music'! Please call 508-543-1252 to sign-up.

AARP TAX ASSISTANCE

Free income tax assistance will be available for seniors through the Tax Aide program of the American Association of Retired Persons (AARP). This service is designed to help senior taxpayers with low to moderate income. You will have your income tax forms prepared, and become familiar with benefits that may be available to you. The AARP Representatives will be available at the senior center on Tuesdays through April 9th. Call the senior center at 508-543-1252 to schedule your appointment. Prior to your appointment, please come and pick up the "Tax Preparation Packet" at the senior center. This paperwork must be completed and brought with you to your appointment.

MEDICAL INFORMATION AND SERVICES

MEDICATION MANAGEMENT (BROWN BAG) CLINIC

VNA Care Network will be having a 'Brown Bag' Medication Management Clinic at the senior center on Wednesday, February 20th beginning at 9:30 a.m. Sign up for an individual nursing consultation to help you:

- Understand your medications and precautions
- Answer questions you may have
- Evaluate over-the-counter drugs and herbal remedies
- Organize medications on chart to help with administration
- Understand interaction of different medications

- Consult with your physician or pharmacist as needed

Be sure to bring ALL your medications, vitamins, and herbal remedies along with your doctor's name and number. This program is FREE provided in part by a HESSCO Grant designed to help seniors take medication safely & correctly for a maximum health benefits. Sign up for your appointment at the Foxborough COA by calling 508-543-1252.

S.H.I.N.E.

With all the changes in insurance, prescription coverage, and Medicare, we all need to have someone to help us understand what has happened. We have SHINE (Serving Health Information Needs of Elders) counselors, Judy Murphy and Mary Kay Grzenda of HESSCO (Health and Social Services Consortium), covering Norfolk County, who will be at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. The next available appointments will be on Thursday, February 21st. Please give us a call at 508-543-1252 so that we can schedule an appointment for you.

REGULARLY SCHEDULED **CLASSIC MOVIE**

Come to the senior center for a movie classic on Thursday, February 28th at 1:00 p.m. and see "Man in the Gray Flannel Suit," starring Gregory Peck, Jennifer Jones, Fredric March. Tom Rath lives in Connecticut and commutes to work every day in Manhattan. He's happily married and has a loving wife and three children. Money is a bit tight and when the opportunity arises, he applies for a public relations job with a major television network. During his long commute to work everyday, Tom reminisces about the war. Although 10 years have gone by, he is still haunted by the violence and the men he killed. He also thinks of Maria, an Italian girl with whom he had an affair while stationed in Rome. At his new job, the head of the network Ralph Hopkins takes an immediate liking to him. Tom soon realizes that he will have to choose between becoming a wholly dedicated company man or maintaining a healthy work-life balance. When he learns that Maria gave birth to his son after he left Italy, he decides to let his wife know and ensure that the boy is cared for. You can watch this time honored classic, enjoy some popcorn, and socialize with each other. Please give us a call at 508-543-1252 to let us know that you will be coming.

JAY BARROWS' OFFICE HOUR

State Representative Jay Barrows will hold office hours at the senior center at a new time! He will be here on the 4th Monday of every month at 9:00 a.m. His next visit will be on February 25th. Come to the convenient location of the senior center to take advantage of this opportunity to meet Mr. Barrows, have your concerns heard, or simply get information.

MANICURES

Our manicurist, Sheri Thorpe will be here next on Tuesday, February 26th beginning at 9:00 a.m. for 20 minute appointments. Sheri uses quality OPI products and has been the manicurist at our neighboring Plainville Council on Aging. She comes to us with high recommendations. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great!

TRIAD

Come to the next TRIAD meeting on February 20th at 1:00 p.m. to hear special guest speaker Amy Schramm, Community Outreach Specialist from the Better Business Bureau. What is TRIAD? TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support services. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors, and help improve the quality of life of all citizens, especially seniors. TRIAD, a senior citizen run and directed group, currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each

month at 1:00 p.m. Everyone is welcome to attend these informational sessions. For information on the TRIAD programs, please call the senior center at 508-543-1252.

LOW VISION SUPPORT GROUP

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on February 21st. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

MOVIE DAY

Our monthly Movie Day is scheduled on Tuesday afternoons at 12:30 p.m. Take in a good movie with friends while you enjoy the comfort of the senior center along with some fresh, hot popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. Our next movie day will be Tuesday, February 19th at 12:30 p.m. when our feature presentation will be "Hugo." Throughout his extraordinary career, Academy Award-winning director Martin Scorsese has brought his unique vision and dazzling gifts to life in a series of unforgettable films. The legendary storyteller invites you to join him on a thrilling journey to a magical world with his first-ever 3-D film, based on Brian Selznick's award-winning, imaginative New York Times best-seller, "The Invention of Hugo Cabret." Hugo is the astonishing adventure of a wily and resourceful boy whose quest to unlock a secret left to him by his father will transform Hugo and all those around him, and reveal a safe and loving place he can call home. Come and see this Academy Award winning film. Please call 508-543-1252 to sign-up.

VIDEO LECTURE SERIES: "THE HISTORY OF THE UNITED STATES"

As part of "The Great Courses" video lecture series from our Kastrenos Library of Illuminating Lectures, we will be offering "The History Of The United States" on Wednesdays at the senior center through May 8th from 11:30 a.m. to 1:00 p.m. Professors Gary W. Gallagher, Patrick N Allitt, and Allen C. Guelzo are a team of award winning experts on America's dramatic past. Join us as they explore the origins of our great country from the beginning settlements, to the American Revolution, to the Great Compromise. This is the story of how to make a republic--make it in the midst of a hurricane of economic change, make it despite conflict and prejudice, make it so that it re-makes its own citizens into a people utterly different from anything the world has seen before--and how to keep it or at times very nearly lose it. This series is touted as "pure intellectual stimulation" by *Harvard Magazine* and "a serious force in American education" by *The Wall Street Journal*. Please call 508-543-1252 to sign-up for this wonderful educational opportunity. Watch for other series to follow!

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. The following is a list of other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center to arrange a ride.

February 19 Shaw's (in lieu of 2/18)

February 20 Dollar Tree Store

February 27 Luncheon Outing @ Olive Garden

March 6 Target

WINTER WEATHER INFORMATION AND RESOURCES

MASS SAVE ENERGY AUDIT

Through this program, an Energy Specialist will visit to assess your home's current energy use, provide a custom list of energy-saving recommendations for your home, and will help you develop a plan to make your home more efficient. A Home Energy Assessment usually takes 1.5 to 2.5 hours. All key decision-makers should be present at the assessment. The specialist will help you develop an energy plan and explain applicable

incentives. Your no-cost Home Energy Assessment includes:

1. Personalized report outlining recommended energy efficiency improvements
2. Installation of no-cost immediate savings measures such as compact fluorescent light bulbs (CFLs), programmable thermostats, and water saving devices, as needed
3. Screening for eligibility for the ENERGY STAR® refrigerator rebate
4. Air Sealing and Insulation specification, if applicable
5. Infrared Testing, if applicable
6. Combustion Safety Testing

Learn about rebates and incentives. Generous weatherization rebates of 75%, up to \$2000 towards the cost of the work, and other incentives are available to qualifying Massachusetts residents. Get started today. Schedule your no-cost Home Energy Assessment with a Mass Save® Energy Specialist by calling 866-527-SAVE (7283).

YOU MAY QUALIFY FOR HELP PAYING FOR HEAT THIS WINTER

The Low Income Home Energy Assistance Program (LIHEAP) helps eligible renters and home owners of all ages with winter heating costs. Renters may qualify even if heat is included in their rent. The maximum annual household income to qualify is \$31,271 for a single person, \$40,893 for 2 people, \$50,515 for a 3 person household, \$60,137 for 4 person household and so forth. If you qualify for this program, you may also qualify for reduced electricity and gas utility rates, information on saving energy, and weatherization services. Don't wait until you're out in the cold! Fill out an application at the Council on Aging & Human Services. Just call 508-543-1252 to make an appointment. The Fuel Assistance program is administered by Self Help Inc. which can be reached at 508-588-5440.

SAND FOR SENIORS

"Sand for Seniors" is a community development project by the FOXBORO JAYCEES to help senior citizens needing sand or salt during the winter season. If you are a Foxboro senior citizen who needs sand or salt, they can deliver a bucketful right to your door. Call Mohsen at 508-203-1670 and leave a message. You can also email him at mohsenkh53@hotmail.com.

SENIOR CENTER INCLEMENT WEATHER POLICY

Please note that if the Foxborough Schools are cancelled due to inclement weather, the activities at the senior center are also cancelled and the Van-Go will be off the road. The offices at the Council on Aging and Human Services will remain open and available to assist you and answer your questions. Please call 508-543-1252 with any inquiries.

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754. Suggested donation is \$2.50. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, February 18

President's Day

No Meal Served

Tuesday, February 19

American Chop Suey

Green & Wax Beans

Multigrain Roll
Jello with Mixed Fruit

Wednesday, February 20

Cream of Carrot Soup
Honey Mustard Chicken
Lyonnais Potatoes
Wheat Roll
Graham Waffle

Thursday, February 21

Meatloaf W/Gravy
Whipped Potatoes
Mixed Vegetables
Whole Wheat Bread
Peaches

Friday, February 22

Fish Filet Sandwich
Tartar Sauce
Spanish Rice
Beans Bonanza
Hamburg Roll
Strawberry Cup